

I AM NOT ALONE

I AM WORTHY OF LOVE
AND RESPECT

I AM NOT OBLIGATED TO
MEET OTHER PEOPLES
EXPECTATIONS

WHEN ANXIETY VISITS ME I
CAN BREATHE IT ALL AWAY

MY STRENGTH IS GREATER
THAN MY STRUGGLES

I WILL NOT COMPARE
MYSELF TO OTHERS

MY CHRISTMAS WILL BE
MAGICAL AND SACRED

I AM SAFE AND LOVED

I BELIEVE IN MYSELF
AND MY ABILITIES

THE LIGHT OF CHRISTMAS
GLOWS WITHIN ME

I ALLOW MYSELF TO SET
HEALTHY BOUNDARIES

I HAVE DONE MY BEST
FOR TODAY

WHEN I BECOME
OVERWHELMED, I TAKE TIME
TO REST

I RADIATE KINDNESS TO
MYSELF AND OTHERS

I AM GRATEFUL FOR ALL
THAT I HAVE

I ACCEPT & RELEASE ALL
THAT I CANNOT CONTROL

I WILL NOT LET THE
BEHAVIOUR OF OTHERS DESTROY
MY INNER PEACE

I ENRICH THE LIVES OF MY
FAMILY AND FRIENDS

I AM STRONG IN MIND,
BODY, AND SPIRIT

I FEEL THE PRESENCE OF
THOSE WHO ARE NOT
PHYSICALLY HERE